

## JUICE EXTRACTOR

#### Instruction & Recipe Booklet

Please read these instructions carefully and retain for future reference



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#### تأكد من تفهم احتياطات السلامة المذكورة اعلاه

#### 請務必理解上述的安全預防措施。

Assurez-vous que les précautions ci-dessus relatives à la sécurité sont bien comprises

Versichern Sie sich daß die obenstehenden Sicherheitsmaßnahmen Verstanden werden

Βεβαιώνετε πως οι παραπάνω προφυλάξεις ασφαλείας γίνονται κατανοητές

Pastikan bahwa tindakan-tindakan keselamatan seperti di atas dimengerti anda

Accertatevi che le suddette norme di sicurezza siano comprese a dovere

#### 上記の注意事項をよくお読みになり、安全を御確認ください

Уверете се дека погоре споменатите мерки на претпазливост се добро разбрани

Asegúrese de que las precauciones de seguridad precedentes sean bien comprendidas

كارى بكنيد كه احتياطهاى بالاحتما درك بشوند

ต้องแน่ใจว่า ข้อควรระวังเรื่องความปลอดภัยข้างต้น เป็นที่เข้าใจกันดี

Yukarda belirtilen güvenlik önlemlerinin anlaşıldığından emin olunuz

Xin kiểm chắc rằng những biện pháp làm an toàn kể trên được hiểu rõ

## Sunbeam's Safety Precautions

#### SAFETY PRECAUTIONS FOR YOUR JUICE EXTRACTOR.

- Do not put fingers or other objects into the feed chute whilst the juicer is in operation.
- Do not push fruit or vegetables into the feed chute with your fingers, always use the food pusher provided.
- If any fruit or vegetables become lodged in the feed chute, use the food pusher or turn off the juicer, remove the plug from the power outlet and disassemble to remove the lodged fruit or vegetables.
- Never operate without pulp container.
- Ensure the juicer is correctly and completely assembled before turning the appliance 'On'.

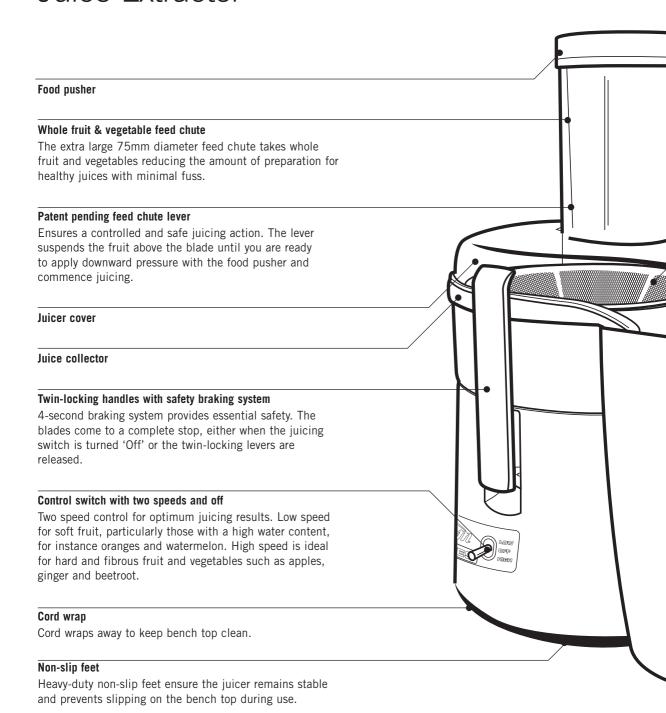
- Ensure the juicer cover is clamped securely and pulp container is in place before juicer is turned on. Do not unfasten the twin-locking handles while the juicer is in operation.
- Juicing blades are very sharp, handle juicing filter basket with care when removing, replacing and cleaning.
- Always operate the juicer on a flat, level surface.
- Do not operate for more than 20 seconds at a time when juicing heavy loads. None of the recipes in this manual are considered a heavy load.

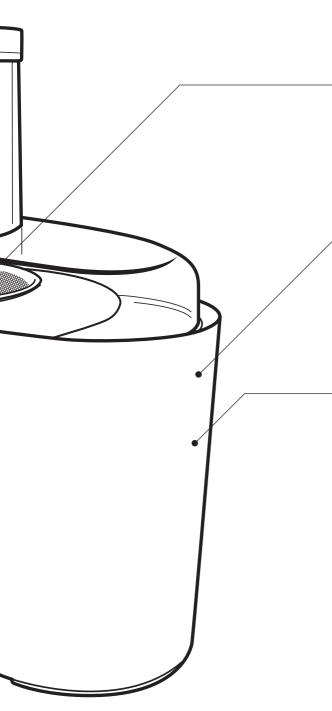
# Sunbeam are very safety conscious when designing and manufacturing consumer products, but it is essential that the product user also exercise care when using an electrical appliance. Listed below are precautions which are essential for the safe use of an electrical appliance:

- Read carefully and save all the instructions provided with an appliance.
- Always turn the power off at the power outlet before you insert or remove a plug. Remove by grasping the plug - do not pull on the cord.
- Turn the power off and remove the plug when the appliance is not in use and before cleaning.
- Do not use your appliance with an extension cord unless this cord has been checked and tested by a qualified technician or service person.
- Always use your appliance from a power outlet of the voltage (A.C. only) marked on the appliance.
- Close supervision is necessary when your appliance is being used near children or infirm persons.
- Never leave an appliance unattended while in use.
- Young children should be supervised to ensure that they do not play with the appliance.

- Do not use an appliance for any purpose other than its intended use.
- Do not place an appliance on or near a hot gas flame, electric element or on a heated oven. Do not place on top of any other appliance.
- Do not let the power cord of an appliance hang over the edge of a table or bench top or touch any hot surface.
- For safety reasons and to avoid maintenance by unskilled persons, some appliances are 'sealed' using tamperproof screws. Such appliances should always be returned to the nearest Sunbeam Appointed Service Centre
  - for adjustment or repair if required.
- Do not operate any electrical appliance with a damaged cord or after the appliance has been dropped or damaged in any manner. If damage is suspected, return the appliance to the nearest Sunbeam Appointed Service Centre for examination, repair or adjustment.
- For additional protection, Sunbeam recommend the use of a residual current device (RCD) with a tripping current not exceeding 30mA in the electrical circuit supplying power to your appliances.
- Do not immerse the appliance in water or any other liquid unless recommended.

## Features of the Sunbeam Café Series™ Juice Extractor





#### Stainless steel blade and filtering basket

The commercial quality stainless steel blade and filtering basket is centrifugally balanced and designed to maximise extraction of juice from fruit and vegetables.

#### Extra large pulp container

Large 3 litre capacity pulp container is ideal for continuous juicing. Once full the pulp container can be easily emptied without having to dismantle the juicer.

#### Heavy-duty 1000 watt DC motor

1000 watt DC motor delivers high torque for constant juicing power and comes with a 5 year guarantee. This combined with the off-centre feed chute provides extra speed to ensure you get through the toughest fruit and vegetables.

#### Dishwasher safe

Constructed of heavy-duty die-cast metal and stainless steel the juicer is easy to disassemble and dishwasher safe for effortless cleaning.



#### Juicing jug

1 litre juicing jug with froth separating lid ensuing on easy pour and a smooth tasting juice.

## Helpful hints for juicing

#### Preparing fruit and vegetables

Wash all fruit and vegetables well before juicing. There is no need to peel vegetables that have a thin skin but a light scrub with a clean sponge will help rid of any dirt that may be stuck on or any waxy coatings.

Peel fruit and vegetables that have a thick skin such as melons, pineapple and citrus fruit.

Juice only the freshest of fruit and vegetables to get the most out them and the best flavours.

Cut large pieces of fruit, such as melons into large wedges.

Some seeds from citrus fruits can be bitter so you may want to remove some of the seeds if desired.

Remove seeds and stones from fruit such as mangoes, papaya and stone fruit. This will prevent the blade from getting damaged.

#### Juicing techniques

When juicing different fruit and vegetables it may help to juice in different combinations. For example, when juicing apples and oranges, juice the soft fruit (oranges) first, then follow with the hard fruit (apples) second. This will help you to achieve the maximum juice extraction from the fruit and vegetables.

When juicing fresh herbs such as mint or parsley, add the herbs in between the fruit and vegetables to get the most out of the herb or if only using a small quantity, add the herb at the same time as a piece of fruit and vegetable. Bananas can be hard to juice but the taste goes a long way. When juicing a blend of fruit with bananas, add the banana as either the first or second piece of fruit. The nectar of the banana will sit inside the filtering basket and as the remaining fruits are added into the juice extractor they will release the banana nectar throughout the rest of the juice resulting in frothy flavoursome juice.

When juicing small fruit such as grapes or strawberries, add the fruit in handfuls rather than one at a time, this will maximise the amount of juice extracted.

Be aware that beetroot stains all other fruit and vegetables. If juicing several different juice combinations, juice the drink with the beetroot last, so as to not stain the other drinks.

## A guide to the benefits of juicing

Fruit / Vegetable	Source of	Benefits	KJ per 100g
Apples	Carotenes, pectin, potassium, vitamin C and dietary fibre, energy giving carbohydrates.	May help in the treatment of constipation.	150kj/100g
Apricots	Beta-carotene, iron, vitamin C, dietary fibre.	High in natural sugars for energy.	280kj/100g
Banana	Potassium, carbohydrates, dietary fibre, vitamin B6, vitamin C.	Provides sustained energy.	225kj/100g
Beetroot	Folate, potassium, leafy tops are rich in beta carotene, calcium and iron.	The folate is excellent for healthy cells.	120kj/100g
Blueberries	Carotenoids, vitamin C.	Antibacterial.	200kj/100g
Capsicum	High in vitamin C, beta carotene.	1 red capsicum has enough vitamin C to meet the daily needs of 10 people.	135kj/100g
Carrots	Beta carotene, folate, dietary fibre.	May help with night vision.	100kj/100g
Celery	Only small amounts of vitamins and minerals.	Helps to clean mouth and teeth.	50kj/100g
Cherries	Very high in vitamin C, dietary fibre.	May help to stabilise the heartbeat and also keeps the skin healthy.	170kj/100g
Cucumber	Only small amounts of vitamins and minerals.	May help with flatulence.	30-50kj/100g
Fennel	Beta carotene, folate.	Fennel seeds are good for digestion.	50kj/100g
Ginger		Aids in digestion and is good for nausea and improves circulation.	
Grapefruit	Rich in vitamin C, fibre, bioflavenoids.	Pink grapefruit contains Lycopene which is an anti-cancer agent and may reduce the risk of prostate cancer.	110kj/100g
Honeydew Melon	Vitamin C, small amounts of carotenoids.	May stimulate the kidneys to help function better.	130kj/100g
Kiwi Fruit	Beta carotene, vitamin C, bioflavenoids, dietary fibre.	Helps in digestion and cleansing of the skin.	180kj/100g
Lemon	Bioflavenoids, limonene, pectin, vitamin C.	The pectin may help reduce blood cholesterol.	95kj/100g
Lime	Bioflavenoids, limonene, pectin, vitamin C.	The pectin may help reduce blood cholesterol.	90kj/100g
Mandarins	Vitamin C, beta carotene, folate, dietary fibre.		165kj/100g

Fruit / Vegetable	Source of	Benefits	KJ per 100g
Mango	Beta carotene, potassium, flavenoids and other antioxidants.	Easy to digest.	235kj/100g
Mint	Antispasmodic volatile oils, flavenoids, menthol.	Aids digestion.	
Oranges	High in vitamin C, fibre, beta carotene, flavenoids, thiamine, pectin, folate.	Excellent for healthy skin and helps the body's defences against bacterial infections.	100kj/100g
Papaya	Protective carotenoids, rich in vitamin C, fibre, rich in papain.	Helps digest proteins.	160kj/100g
Parsley	Vitamin C, iron.	Excellent for fresh breath.	
Pawpaw	Beta carotene, flavenoids, magnesium, rich in papain.	Helps digest proteins.	163kj/100g
Peaches	Good source of vitamin C, dietary fibre, beta carotene.	Easy to digest and works as a gentle laxative.	130kj/100g
Pears	Very good source of dietary fibre.	Provide a quick source of energy.	190kj/100g
Pineapple	Vitamin C, dietary fibre, beta carotene.	Helps to digest protein.	160kj/100g
Plums	Vitamin E, potassium, beta carotene, malic acid.	May help to retard the effects of wrinkling.	110-155kj/100g
Raspberries	High in dietary fibre, excellent source of vitamin C, some folate.	Helps in treating constipation.	110kj/100g
Rockmelons	Excellent source of vitamin C, beta carotene, carotenoids.	May help in the prevention of cancer and heart disease.	90kj/100g
Spinach	Zeaxanthin, vitamin C, beta carotene, folate, dietary fibre.	Helps in keeping eyes healthy in the elderly.	65kj/100g
Strawberries	Vitamin C, dietary fibre, some folate.	Helps to absorb iron better after eating meat.	80kj/100g
Tomatoes	Rich in lycopene, vitamin C, and small amounts of vitamin E, folate, dietary fibre.	May help reduce the risk of prostate cancer in men.	55kj/100g
Watercress	Vitamin C & E, folate, beta carotene, iron.	Thought to have cancer fighting properties.	72kj/100g
Watermelon	Carotenoids, beta carotene, vitamin C,	May stimulate the kidneys to help	95kj/100g

## Assembling your Café Series™ Juice Extractor

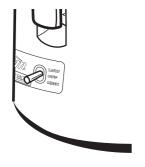
#### **Before Use**

After unpacking your juicer, we recommend that you dissemble the unit before using for the first time. Wash all parts except the motor base in hot soapy water. Rinse and dry immediately.

**Important:** Always ensure your juicer is unplugged from the power outlet when not in use, during assembling or whilst removing parts.

1.Set the motor base on a dry, level surface. For convenience when juicing, have the control switch facing you – figure 1.

Figure 1



2. Place the juice collector/bowl onto the top of the motor base – figure 2.

Figure 2



3. Position the stainless steel blade and filtering basket onto the motor drive shaft and push down until firmly in place – figure 3.

Figure 3



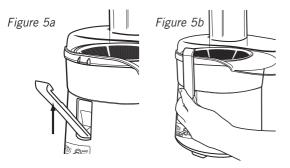
4. Place the juicer cover onto the juice collector/bowl, with the feed chute positioned over the stainless steel blade and filtering basket and push into position – figure 4.

Figure 4



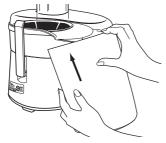
### Assembling your Café Series<sup>™</sup> Juice Extractor (continued)

5. Secure the juicer cover by raising the twin-locking handles and clip the tops to the juicer cover – figure 5a. Press firmly on the lower part of the twin-locking handles to lock into place – figure 5b.



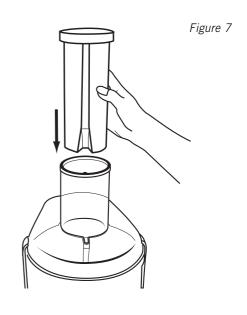
6. Slightly tilt the pulp container and slide into place under the juicer cover – figure 6.

Figure 6



**Tip:** To reduce cleaning we recommend that you line the pulp container with a plastic bag to collect the pulp.

7. Take the food pusher, align the groove on the food pusher with the notch on the inside of the feed chute and slide the food pusher down into the feed chute – figure 7.



## Operating your Café Series™ Juice Fxtractor

**Note:** The juicer should be completely assembled before use, if this is not the case see 'Assembling your Café Series™ Juice Extractor' on page 7.

- 1.Ensure the control switch on the juicer is in the 'Off' position and insert the power cord into a 230-240V AC power outlet and turn the power 'On'.
- Clean fruit and vegetables thoroughly, ready for juicing.

**Note:** The extra large feed chute allows whole fruit and vegetables to be juiced, however some fruit and vegetables may require other preparation before juicing, such as peeling and removing stones, see 'Juicing speed guide' on page 10 for our recommendations.

3.Ensure that the juicer has been assembled completely and correctly, making sure that the stainless steel blade and filtering basket revolves properly before placing fruit and vegetables in the juicer.

**Note:** The stainless steel blade and filtering basket should be cleaned thoroughly before each use, see 'Care and cleaning' on page 12.

- 4. Place a jug or glass under the juice spout.
- 5. Select 'Low' or 'High' speed with the control switch. To select 'Low' speed push the control switch down. To select 'High' speed push the control switch up.

  For optimum juicing results 'Low' speed is used primarily for soft fruit and vegetables, particularly those with a high water content and 'High' speed is ideal for hard and fibrous fruit and vegetables. A list of fruit and vegetables commonly used for juicing and their recommended juicing speed are specified in the 'Juicing speed guide' on page 10.

- **Important:** Do not operate for more than 20 seconds at a time when juicing heavy loads. None of the recipes in this manual are considered a heavy load.
- 6. With the juicer in operation, place the fruit and vegetables into the feed chute. Using the food pusher, guide the fruit and vegetables down the feed chute and onto the stainless steel blade.

**Tip:** For maximum juice extraction, guide the food pusher down the feed chute in a slow downward motion.

**Important:** Do not push fruit or vegetables into the feed chute with your fingers, always use the food pusher provided.

- 7. The juice from the fruit and vegetables will flow directly into the jug or glass and the pulp will be separated and collected in the pulp container.
  Important: When juicing be aware of the level of pulp in the pulp collection container, because if the container is overfilled this can cause damage to the appliance and prevent the juicer from operating correctly.
- 8. When juicing is complete ensure that the juicer is switched 'Off' and unplugged from the power outlet.

## Juicing speed guide

Fruit / Vegetable Type	Recommended Speed
Apples	High
Apricots – remove stone	Low
Banana – remove skin	Low
Beetroot	High
Blueberries	Low
Capsicum - remove seeds	Low
Carrots	High
Celery	High
Cherries – remove pips	Low
Cucumber	Low
Fennel	High
Ginger	High
Grapes - remove stems	High
Grapefruit – remove skin	Low
Honeydew melon – remove skin	Low
Kiwi fruit – remove skin	Low
Lemon – remove skin	Low
Lime – remove skin	Low
Mandarins – remove skin	Low
Mangoes – remove skin & seed	Low
Mint	High
Oranges – remove skin	Low
Papaya	High / Low
Parsley	High
Pawpaw	High / Low
Peaches – remove stone	Low
Pears	High / Low
Pineapple – remove skin	High
Plums – remove stone	Low
Raspberries	Low
Rockmelons – remove skin	Low
Spinach	High
Strawberries	Low
Tomatoes	Low
Watercress	High
Watermelon – remove skin	Low

## Disassembling your Café Series Juice Extractor

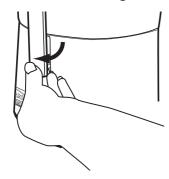
- Turn the power 'Off' at the power outlet and unplug the cord.
- 2.Slightly tilt the pulp container and slide away from the juicer figure 8.

Figure 8



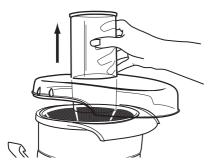
3. Place fingers under the bottom of the twin-locking handles and lift to release – figure 9.

Figure 9

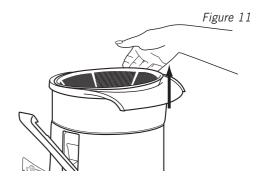


4. Lift the juicer cover from the juice collector/bowl – figure 10.

Figure 10



5. Place fingers under the rim of the stainless steel blade and filtering basket and lift out – figure 11. **Important:** Juicing blades are very sharp, handle juicing filter basket with care when removing, replacing and cleaning.



6. Lift the juice collector/bowl from the motor base – figure 12.

Figure 12



## Care and cleaning

**Note:** Ensure that the juicer is unplugged from the power outlet prior to cleaning.

#### Dishwashing

All parts of the Café Series<sup>™</sup> Juice Extractor, excluding the motor base, can be placed in the dishwasher for effortless cleaning after juicing.

#### Quick clean

For easy cleaning, ensure that immediately after use that the juicer is disassembled and that each removable part is rinsed under running water, removing any wet pulp and then allow to air dry.

#### Thorough cleaning

Disassemble the juicer and place all removable parts aside, see 'Disassembling your Café Series™ juice Extractor' on page 11.

Rinse the juice collector/bowl, juicer cover, pulp container and food pusher under running water and wash with warm, soapy water. Rinse well.

Using the nylon cleaning brush supplied with the juicer, hold the stainless steel blade and filtering basket under running water and brush the outside of the basket first. Then with the basket still under running water, brush the inside of the basket in an anti-clockwise direction, removing the pulp. To ensure the stainless steel blade and filtering basket is free of all remaining pulp, hold it up to light and ensure that the holes in the filtering basket are not blocked.

**Important:** Juicing blades are very sharp, handle juicing filter basket with care when removing, replacing and cleaning.

**Important:** Never immerse the motor base in water or any other liquid.

**Important:** Do not use chemical, steel wool or abrasive cleaners to clean the outside of the juicer, as these will scratch the stainless steel and die-cast metal surface.

#### To clean the motor base

Using a damp soft sponge with a mild detergent, wipe the motor base clean.

## Trouble Shooting Guide

PROBLEM	POSSIBLE CAUSE	WHAT TO DO
Juicer will not start when speed is selected.	The juicer hasn't been assembled correctly.	See 'Assembling your Café Series™ Juice Extractor' on page 7.
The juicer motor appears to struggle during operation.	Pulp container is full.	Empty the pulp container.
	Pulp is caught in the juicer cover.	Stop juicing, remove the juicer cover and clean out pulp. See 'Disassembling your Café Series™ Juice Extractor' and 'Care and Cleaning' sections.  Try a slower juicing action – guide the food pusher down the feed chute in a slow downward motion.
	Stainless steel blade and filtering basket is blocked with excess pulp.	After extended juicing of fibrous fruit and vegetables the mesh on the filtering basket may need to be cleaned. Stop juicing, disassemble the juice extractor and clean the filtering basket. See 'Disassembling your Café Series™ Juice Extractor' and 'Care and Cleaning' sections.
	The selected juicing speed is incorrect.	See 'Juicing speed guide' on page 10.
You notice less juice coming out of the juice spout.	Large amounts of highly fibrous fruit and vegetables have caused excess pulp to build up in the filtering basket.	Stop juicing, disassemble the juice extractor and clean the filtering basket. See 'Disassembling your Café Series™ Juice Extractor' and 'Care and Cleaning' sections.

## Recipes

#### **DAY STARTERS**

For all recipes in this section, process all ingredients listed in the recipe through the juicer, stir and serve immediately.

All recipes make approximately 2 small serves.

#### Zinger

Pineapple ¼ small, peeled

Green apples 2

Celery 1 stalk Mint 1 sprig

Lemon <sup>1</sup>/<sub>4</sub> small, peeled

#### Flying High

Carrot 3
Green apples 2

Beetroot 1 small

#### **Distant Melons**

Watermelon 1 wedge, 200g piece

Honeydew  $\frac{1}{4}$ , peeled Rockmelon  $\frac{1}{4}$ , peeled

#### Orange Madness

Pawpaw ½ large, peeled, seeds removed

Rockmelon  $\frac{1}{4}$ , peeled, seeds removed

Lime  $\frac{1}{4}$ , peeled Grapes  $\frac{1}{2}$  cup

#### **Morning Calmer**

Mango 1, seed removed

Oranges 2, peeled

Blood plums 4, seeds removed

#### Pick Up The Pace

Carrot 4
Green apple 1

Green apple 1

Parsley 1 handful Kiwi fruit 1, peeled

#### Recipes (continued)

#### **JUICE REMEDIES**

For all recipes in this section, process all ingredients listed in the recipe through the juicer, stir and serve immediately.

All recipes make approximately 2 small serves.

#### **Immune Booster**

Green apples 3

Celery 3 stalks
Ginger 2cm piece

#### See the light

Green apples 2 Carrot 2

Ginger 2cm piece

#### **Fuzzy Thoughts**

Carrot 2

Celery 2 stalks

Green apples 1

Kiwi Fruit 1, peeled Ginger 2cm piece

#### Jack's Juice

Tomatoes 3

Celery 1 stalk

Carrot 1

#### **Body Cleanser**

 Carrot
 3

 Celery
 1

 Pear
 1

Beetroot 1 small

#### **Power Purifier**

Carrot 3

Beetroot 1 small

Red capsicum ½, seeds removed Spinach 2 large leaves

#### Classic Karma

Carrot 3
Green apples 2

Celery 2 stalks
Parsley 1 handful

#### Recipes (continued)

#### JUICE JOLTS

For all recipes in this section, process all ingredients listed in the recipe through the juicer, stir and serve immediately.

All recipes make approximately 2 small serves.

#### **Tropical Memories**

Pineapple ¼ small, peeled

Strawberries 2 large Kiwi Fruit 1, peeled

Watermelon 1 wedge, 200g piece

#### Cafe Cruiser

Pineapple ¼ small, peeled
Watermelon 1 wedge, 200g piece

Orange 1 small, peeled

Pear ½

#### **Magenta Goddess**

Beetroot 1 small

Carrot 2
Green apples 2

Pineapple ¼ small, peeled

#### **Watery Wonderland**

Watermelon 1 wedge, 300g piece Pineapple ½ small, peeled

Mint 1 sprig

#### Juice Rush

Rockmelon ½, peeled

Carrot 2

Watermelon 1 wedge, 300g piece

Lime half, peeled

#### **Tropical Treasure**

Mango ½

Rockmelon ½, peeled, seeds removed

Blueberries ½ cup

Passionfruit flesh scooped into glass

#### That girl

Watermelon 2 wedges, 500g, skin removed

Lemon <sup>1</sup>/<sub>4</sub>, skin removed

#### A GOOD START FOR KIDS

For all recipes in this section, process all ingredients listed in the recipe through the juicer, stir and serve immediately.

All recipes make approximately 2 small serves.

#### **Goody Gumdrops**

Orange 1, peeled

Pineapple ½ small, peeled

Strawberries 2 large
Kiwi Fruit 1, peeled

#### **Frothy Fantasy**

Strawberries 4
Green apple 1

Banana 1, peeled Grapes 1 cup

#### **Berry Cherry**

Strawberries 250g

Cherries 1 cup, stoned

#### Juicy Juice

Raspberries 125g, frozen, thawed

Pear 1 small Water  $\frac{1}{3} \text{ cup}$ 

#### **Drink Your Veges!**

Carrot 2
Green apple 1
Celery 1 stalk

#### **Kid Cold Crusher**

Orange 2

Pineapple ½ small, peeled

#### Ally In Wonderland

Orange 2 Strawberries 8

Passionfruit 1, pulp scooped into glass

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